

Recipes by Chef Nancy Russman©2008

BLACK BEAN and CORN SALAD

Ingredients	Amount
Corn, white or yellow, frozen or fresh	16 ounces
Black beans, canned, drained & rinsed	1 - 15 ounce can
Red bell pepper, seeded & diced	1 each
Green onions, diced	6 each
Parsley, fresh, chopped	1 tablespoon
Garlic, fresh minced	1 – 2 cloves
Salt and Pepper	To taste
Jalapeno, seeded & minced (optional)	1 each
Aunt Vicky's Dressing	½ cup or to taste
Total Cost	

Method

- Thaw frozen corn and drain and rinse bean, put in a bowl
- Add red bell pepper, and green onions
- Pour dressing on vegetables and stir to coat
- Refrigerate until ready to eat.

Aunt Vicki's Favorite Dressing

Ingredients	Amount
Apple cider vinegar	1/3 cup
Sugar	1/3 cup or less
Oil, vegetable	1/3 cup
Salt	To taste
Pepper, black	To taste
Parsley, fresh chopped	1 Tablespoon

Method

1. Place apple cider vinegar, sugar and oil in a jar with a lid
2. Shake the ingredients until sugar is dissolved and oil and vinegar are blended
3. Add salt and pepper to taste
4. Add fresh chopped parsley
5. Refrigerate until ready to use.

